THAT'S AMORE FOR YA
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THE KID IS ALL RIGHT
CROSBY BACK IN ACTION
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Tuesday, November 22, 2011
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News worth sharing.

Fighting. Fire

▶ Winnipeg fire crews were kept busy battling five fires yesterday morning, including this one at Mattress Plaza on St. James Street that caused $250,000 damage and no injuries.

ELISHA DACEY/METRO

Crews tackle five fires

There were also three suspected arson garage fires in the back lane behind Home Street in the West End, and a vacant house caught fire on Inglewood Street in St. James.

'Homeless hero' attacker a suspect in 35th homicide

▶ Police say they're still looking for other suspects ▶ Victim in record-breaking murder was a championship powwow dancer

SVJETLANA MLINAREVIC
WINNIPEG@METRONEWS.CA

A suspect in Winnipeg's record-breaking murder had just finished serving 11 months in jail for the beating of Winnipeg's homeless hero.

Darrel Walter Longclaws, 32, pleaded guilty last year to beating Faron Hall, a homeless man credited with twice jumping into the Red River to save someone from drowning.

The beating left Hall with extensive injuries.

The city's most recent murder victim, Harry Wellington Gegwetch, 42, was found by emergency crews responding to a fire in the 300 block of Carlton Avenue early on Nov. 12.

Paramedics took Gegwetch to the hospital, where he succumbed to upper body injuries. Police can't confirm if weapons were involved.

"The injuries the victim sustained went above and beyond what the fire caused," said Const. Jason Michalyshen.

Michalyshen said Longclaws and the victim apparently knew each other, and while alcohol was likely involved, what led to the death of Gegwetch is unknown at this time.

Police suspect there might have been third-party involvement but have yet to locate the person, or persons, involved.

"We're pleased with this arrest and it's fair to say our job is not done," said Michalyshen. "Additional arrests are pending.

There have been 35 homicides in Winnipeg in 2011. Police have cleared 31 one of those, and four are left outstanding.

Case file

The 2010 attack on Faron Hall:

- Longclaws severely beat Hall's face with a table leg after he mistakenly thought Hall had committed a sexual act with his girlfriend, Geraldine Colombe.
- Longclaws received a two-and-a-half-year prison sentence for the attack, of which he served 11 months, due to time served waiting for trial.
- **2001:** Longclaws was found guilty of criminal negligence causing death and served two years in prison.
- **Faron Hall's own criminal record:** This fall, the homeless man was in the news again but not for his good deeds. He was sentenced to six months in jail after a violent panhandling run-in with a doctor.

1 news

The Quebec government announces that a Montreal university will appoint North America's first research chair on homophobia. Scan the code for the story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

There's plenty of good economic news to be found these days, says Allan Small, and investors should be paying attention to it. More at metronews.ca/investing

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Collisions abound after first snowfall

SVJETLANA MLINAREVIC/FOR METRO

▶ Slow down, Winnipeg, or join the ranks of the fender-bendered.

SVJETLANA MLINAREVIC
WINNIPEG@METRONEWS.CA

Like a judge's gavel, winter slammed down on Winnipeg this past weekend, causing city streets to grind to a slippery crawl.

Yesterday Manitobans reported more than 1,000 roadway collisions to Manitoba Public Insurance (MPI), most of which were likely related to last weekend's snow storm.

According to MPI's Brian Smiley, between December 2008 and February 2009, there were 26,000 collisions on Winnipeg streets compared to 17,800 between April and June 2009.

Across Canada

Collisions. According to Statistics Canada, nationally there were 90,248 collisions in 2009.

"The No. 1 message that needs to get out during winter is to drive to the road conditions," said Smiley. "The speed limit is for ideal road conditions."

Smiley noted collisions normally happen one to two days after a storm as citizens are still adapting to slippery roads.

"We see a lot of fender benders in the city as people are driving too fast and can't stop in time."

Speaker to stand tall at We Day

- Spencer West walks on his hands or uses a wheelchair
- Despite his struggles, says others have bigger problems than he does

COURTESY OF FREE THE CHILDREN

▶ Spencer West credits his father for his sense of humour and his younger sister for "never (caring) what other people thought."

SVJETLANA MLINAREVIC
WINNIPEG@METRONEWS.CA

Think about how hard it would be to climb Mount Kilimanjaro. The cost, the time, training and making sure you had all the proper equipment.

Now think about climbing it without any legs.

That's something Spencer West will touch on at We Day in Winnipeg tomorrow, where he'll share his story of losing both legs at the age of five to a genetic disorder that rendered his legs useless.

New release

Book. Spencer West has released a new book, called Standing Tall: My Journey, available at bookstores everywhere.

"After my surgery, we were told that I probably would never sit up by myself, that I may never walk by myself, and potentially that I wouldn't be a functioning member of society.

"My parents didn't believe that. They saw the potential that I had, and we set out to redefine what was possible."

West, who grew up in Wyoming, Neb., said he was bullied throughout his school years because of the way he looked and strove to be accepted. Trying to fit in during his teenage years left him not knowing who he was when he graduated.

West started speaking about his story after a trip to Kenya with Free the Children, where he helped build a school in 2008. He had a life-changing moment when a young girl, referring to his legs, told him she didn't know that "this could happen to white people, too."

Now West is a motivational speaker with Me to We, part of Free the Children, which organizes We Days across Canada. And because he wants to challenge himself, he's raising money to climb Africa's highest mountain.

"There's parts that I'll be able to do in my wheelchair; there's parts where I'm going to have to get out and probably climb; there's parts where I'm going to have to rely on my friends to carry me," he said.

See video of West's incredible story at metronews.ca/winnipeg

Early-morning shooting in Maples investigated

Winnipeg Police Services were called out at 12:50 a.m. yesterday to the first 100 block of Boundary Bay after a house was reportedly shot at.

A family of three was asleep at the time when shots were fired at the entrance of the home. It's unclear as to why the house was targeted, as the people inside were not part of any illegal activity nor have any criminal associations, said police.

2 At least two shots were fired, with at least one of those shots hitting the front door.

No injuries were reported.

Police are urging residents to contact Crime Stoppers at 786-8477 with any information on the case

SVJETLANA MLINAREVIC

For more local news visit metronews.ca/winnipeg

News in brief

St. Boniface woman attacked

CUTS. A 43-year-old woman suffered several cuts during a robbery yesterday

Winnipeg police said they were called at 1:50 a.m. to the first 100 block of Rue Des Meurons.

Three suspects entered the triplex through an unlocked door where they allegedly attacked the woman with a knife-like object, causing cuts to her arms and hands.

Police said the suspects were looking for the victim's son, who is not a resident in the home, but allegedly had some connection to the suspects.

The woman was taken to hospital by the owner of the three-unit building, who then notified police of the break-in.

SVJETLANA MLINAREVIC

Judge says Occupiers have to leave park

Putting up tents or being in Toronto's St. James Park between midnight and 5 a.m. violates bylaws Some protesters plan to peacefully resist

NATHAN DENETTE/THE CANADIAN PRESS

▶ City of Toronto bylaw officers are accompanied by police as they place a new batch of eviction notices on tents and structures at the Occupy Toronto grounds in St. James Park, in Toronto, yesterday.

Allowing Occupy Toronto protesters to remain in a downtown park would amount to supporting anarchy, something Canadians have rejected, a judge ruled yesterday in upholding the city's trespass bylaw.

There was no immediate word on when the demonstrators might be evicted or whether they would appeal the ruling, but the city's mayor said the protesters should get out of the park immediately.

"We've asked the protesters to leave as soon as possible," Mayor Rob Ford told a news conference.

"We'd appreciate their co-operation."

Within hours and to the jeers of protesters, bylaw officers under the watchful eye of police went tent-to-tent as they did a week ago to issue eviction notices. There was some pushing and shoving but no incidents.

Insp. Gary Meissner said it was too early to know whether stronger measures would be required.

"Anarchism has a long political history. But Canada has not chosen anarchism."
ONTARIO SUPERIOR COURT JUSTICE DAVID BROWN

"I'll rely on the good judgment of people here and I'll see if they comply with that first," Meissner said.

In a 54-page decision, Ontario Superior Court Justice David Brown upheld the city's trespass bylaw as a "minimal" and "reasonable" infringement on the demonstrators' freedom of expression.

Some protesters said they would defy any attempt to remove them, while others did not want to risk a confrontation with police.

THE CANADIAN PRESS

We paid $1,600 to remove a bed at G8 summit

Canadian taxpayers forked out almost $2 million — including more than $1,600 to remove a bed — to spruce up a luxury Muskoka resort for last year's G8 summit.

The renovations included $500 to remove a small light fixture from one room and $3,000 to raise a large chandelier in the main lobby of Deerhurst Resort.

The Harper government picked up the tab, which also included $1,540 to move furniture in rooms used by the German delegation and $1,650 to remove a king-sized bed and headboard from a room used by the French delegation. THE CANADIAN PRESS

No details

- Departmental spokesperson Natalie Pennefather said "full and complete documentation" was required before the government finalized payment for any of the work done at Deerhurst. She said such records were "only available" through Access to Information.
- Yet a subsequent access request for all receipts related to the $1.9-million renovation tab produced nothing close to full and complete documentation.
- Only the $95,000 worth of renovations to office spaces were detailed.

PRISON PROBLEM

Unwanted friend requests

Lisa Gesik hesitates to log into her Facebook account nowadays because of unwanted "friend" requests, not from long-ago classmates but from the ex-husband now in prison for kidnapping her and her daughter.

Neither Gesik nor prison officials can prove her ex-husband is sending her the messages, which feature photos of him wearing his prison blues and dark sunglasses, arms crossed as he poses in front of a prison gate.

The Newport, Ore., woman is afraid and, as the days tick down to his January release, is considering going into hiding with her 12-year-old daughter.

Across the U.S. and beyond, inmates are using social networks and the growing numbers of smartphones smuggled into prisons and jails to harass their victims or accusers and intimidate witnesses.

THE ASSOCIATED PRESS

Canada adds to Iran sanctions

Britain cuts financial ties with Iranian banks

Canada joined Britain and the United States in announcing additional sanctions against Iran yesterday, as the three countries stepped up pressure on Tehran to end its nuclear-weapons program.

The United Nations International Atomic Energy Agency in Vienna warned two weeks ago that Tehran was more than likely on the way to acquiring nuclear weapons.

House leader Peter Van Loan told the Commons that Canada would expand previous sanctions to block "virtually all" transactions with Iran's central bank.

"We will do what it takes to isolate the regime and to minimize the risk that it poses to global peace," he said. In July 2010, Canada imposed sanctions on Iran under the Special Economic Measures Act.

THE CANADIAN PRESS

Egypt. Protests

▶ Protesters carry a boy wounded during clashes with Egyptian riot police in Cairo's Tahrir Square yesterday.

KHALIL HAMRA/THE ASSOCIATED PRESS

Government hands in resignation

Egypt's army-appointed government handed in its resignation yesterday, as thousands of protesters in Cairo's Tahrir Square clashed for the third straight day with security forces in violence that has killed at least 24 people.

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Canadians overworked, out of balance: Study

Heavy workload complaint up 25 per cent from two years ago Firms looking at cash rewards for fitness

Workload complaints have reached staggering proportions among Canadian employees, a global research firm said yesterday.

Nearly nine in ten employers — 89 per cent — reported heavy workload as a complaint among staff, results of a Towers Watson study show.

A similar study by the same firm two years ago found 64 per cent of employers reported excessive-workload complaints among staff, a difference of 25 percentage points.

"Most organizations report that employee stress is a major and growing business issue," the latest results also show, comparing results to surveys done every two years for the past 16 years on the health and productivity practices of North American companies.

"Canadian respondents cited excessive workloads, lack of work/life balance, unclear or conflicting job expectations and inadequate staffing as top sources of workplace stress," concludes the study.

As firms look to combat stress, disability and absenteeism, some are considering pay bonuses to workers who engage in fitness and health-management programs, the survey found.

"One-quarter of Canadian employers are planning to offer some type of financial reward in 2012, up from 13 per cent who currently do so," the study says.

Mental health conditions ranked as the top cause behind short-term disability claims in Canada at 83 per cent, researchers found. Next were back and other musculoskeletal issues at 76 per cent, followed by accidents at 37 per cent. Similarly, mental health conditions featured in 85 per cent of long-term disability claims, followed by musculoskeletal issues at 76 and cancer at 63 per cent.

The survey was completed by 335 human resources and health benefit managers at companies with 1,000 or more employees. The responders represent 7.8 million workers in all major industry sectors, Towers Watson said.

TORSTAR NEWS SERVICES

Tech. Giant

▶ Microsoft co-founder and chairman Bill Gates leaves the Frank E. Moss federal courthouse in Salt Lake City yesterday. Gates testified in a $1 billion anti-trust lawsuit brought by Novell Inc.

JIM URQUHART/THE ASSOCIATED PRESS

Gates takes stand in Novell lawsuit

60 seconds

▶ Album cover of Il Vero Amore

BERLUSCONI RELEASES ALBUM OF LOVE SONGS

'IN ITALY, I AM THE ONE WITH THE PEST NOW'

Former cruise-ship crooner, flamboyant billionaire, now ex-Italian prime minister Silvio Berlusconi kick-starts a new career by going back where it all began: the music industry.

All the 11 "elegant and refined songs" in his newest release Il Vero Amore (True Love), are written in Neapolitan dialect by Berlusconi and arranged by folk-singer Mariano Apicella.

Over the past decade, Apicella has been invited to the former PM's luxury retreat in Sardinia. Now, he admits, "people look at me as if I was infected with a plague."

What's it like having Silvio Berlusconi as a sidekick for your album?

The premier, who is from Milan, has the rare privilege of being comfortable even with the hardest words of the Neapolitan dialect.... He's got natural talent: he could write a song in five minutes or even at night.

From the streets of Naples to Berlusconi's villas, your musical collaboration goes far beyond the studio albums.

I have a one-year contract with him. I work on call: he summons me and sometimes we play together at his parties. They were absolutely normal and decent dinners.

Becoming Berlusconi's personal serenader must be a tough job.

Even if you are Frank Sinatra or Pavarotti but you are friends with Berlusconi, people look at you as you were a "chiavica" ("rubbish").

Your music career owes a lot to Mr. Berlusconi: aren't you afraid that it will fade away with his political adventure?

I don't believe he will ever quit his political career. He's not a quitter, he cannot stand inactivity.

OIL SPILL

Brazil sets hefty fine for Chevron

Brazil's environmental agency said yesterday it will fine Chevron nearly $28 million US for a continuing oil spill off the Rio de Janeiro coast.

The agency said that it will fine the oil company the maximum 50 million reals allowed under current Brazilian law.

Environment Minister Izabella Teixeira added that as an investigation continues, Chevron could face "five or six" other fines if more infractions are found. It may also be asked to pay for other damages.

Teixeira and other officials said Chevron hid information about the extent of the spill from the government, took too long to begin cleanup operations and didn't have the proper equipment to contain the leak.

Chevron Corp. officials have accepted responsibility for the spill but reject these accusations.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 107.76 (11,784.68,)	- 0.99¢ (96.36¢ US)

Oil	Natural gas	Gold
- $0.75 US ($96.92 US)	$3.399 (- 8.3¢)	$1,678.60 (- $46.50)

Hugh Grant points finger at tabloid press

Actor Hugh Grant described in court yesterday mysterious break-ins, leaked medical details and hacked voice mails — laying blame on the tabloid press. Grant's testimony to a media ethics inquiry capped a tough day for Britain's press, not just for shuttered News of the World. Earlier, the parents of a murdered schoolgirl described how hacking gave them false hope that their daughter was still alive. THE ASSOCIATED PRESS

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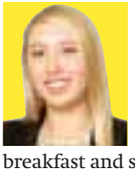
SUNDAY BEST: AN ODE TO BRUNCH

SHE SAYS ...

JESSICA NAPIER
METRO



In my early 20s, eating breakfast on the weekend was a pretty pathetic affair. It never happened before 1 p.m. and almost always took place at a greasy diner called The Pancake House. Sweatpants were the dress code and if my bill came to more than $6 after tax and tip I was doing something wrong.

After I graduated and moved off campus into a grownup apartment something happened: I stopped eating breakfast and started going for brunch.

If you're unfamiliar with the most delicious portmanteau in the dictionary, brunch is that sweet spot between breakfast and lunch. It isn't just a meal; it's an epicurean event. Brunch is a hungover server's worst nightmare and arguably the most civilized part of my week.

To become a person who brunches (it's also a verb now), you must develop a whole new attitude toward the late-morning meal.

"I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over $20 for deconstructed French toast or huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch."

When I go for brunch, I expect to wait at least 45 minutes for a seat because, naturally, any restaurant worth going to doesn't take reservations. When I finally sit down, I order three different beverages — ice water, an Americano and a mimosa — to combat my dehydration, fatigue and hangover, respectively. I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over $20 for deconstructed French toast or huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch.

If my buttermilk pancakes have berries in them, I want those berries hand-foraged from a local bramble and soaked in cassis for three days. I don't want sausage; I want chorizo. I don't want toast; I want fresh-baked focaccia seasoned with rosemary and sea salt. Why is that Bloody Caesar in a regular glass — shouldn't it be in a decorative mason jar?

I probably shouldn't be this high-maintenance when it comes to breakfast. I really can't afford to care this much about where my fruit garnish came from and whether the chicken that hatched my egg-white omelette was raised on an organic diet.

Yes, I could make these meals at home, saving myself money and the hassle of this so-hip-it-hurts ritual. But, as gratuitous as it is, brunch has become an integral part of my weekend routine.

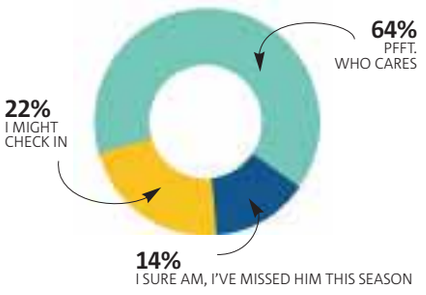
One day a week I give myself licence to be completely pretentious about waffles and consume 1,200 calories before noon. Let's face it: Sunday just can't happen until I've had some hollandaise.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be watching Sidney Crosby's return to hockey tonight?



Local tweets

- **@BrandedWright:** @shankell Swaggerville is still hype. Winnipeg beat a lifeless #Ticats team yesterday. Bombers wouldn't beat McMaster next wk let alone Lions
- **@WestJet:** @chrisloewe Sorry for the inconvenience. Those flights are already sold out. Demand from Winnipeg to Vancouver has skyrocketed ;)
- **@ManitobaMaz:** The Grey Cup this year will be a battle between the West and the West Coast. I refuse to be called an Easterner. #cfl #greycup #gobombers
- **@KelvinGoertzen:** While it's true I have very fond memories of Winnipeg Stadium, the same can be said about the 1984 Toyota Celica I once owned. Tear it down.
- **@heathergilly:** Just so you know, you look like an idiot not dressed for -555255721733 degree weather in Winnipeg
- **@adriantrimble:** #Winnipeg had a bad morning. Fires, a shooting, home invasion, water hydrant exploding. Just need a few car accidents now.

Worth Mentioning

RESTROOM LAURELS. Toronto restaurant e11even has been named the best in Canada — not for the food but for the loo.

The upscale downtown dining spot won the second annual "Canada's Best Restroom" contest conducted by Mississauga, Ont.-based Cintas Canada Ltd., a provider of hygiene products.

Thousands of votes were cast on the contest's website, Cintas said.

With marble from floor to ceiling and elegant mosaic tile accents, e11even's washrooms flushed away the competition.

In second place was Allstream Centre in Toronto, followed by Hotel Le Germain in Montreal, David Morris Fine Cars in Edmonton and the Ottawa Convention Centre.

"We are thrilled to receive this honour," said e11even general manager Steven Salm. "While it may not always be top of mind when dining, we feel that the restroom is an integral part of the overall design."

THE CANADIAN PRESS

photo of the day

Metro PHOTO CHALLENGE

▶ This photo titled Haló? was submitted to the Photo of the Day category by Martina Teislerova from Czech Republic.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until today. As well as a chance to win a trip to any city Metro publishes, submissions will also be featured here.

WEIRD NEWS

Pint-sized with monster drive

Kaid Jaret Olson-Weston is strapped into a 1,270-kilogram half-scale monster truck, humming playfully as he waits for the green light.

KJ, as he is known to his fans, sits patiently as he and his coach go over the safety features in his truck.

The roll cage is lowered. KJ starts the engine and jumps over humps of dirt before crushing a beat-up car. He spins the truck — and its 90-kilogram tires — clockwise, then backwards, leaving behind a cloud of dust in its tracks at his training centre in Ocala, Fla.

Despite these feats, KJ can barely see over the steering wheel. At eight years old, he is the youngest monster-truck driver.

KJ performs across the U.S. at about 60 different shows every year. He signs hundreds of autographs at each show, but still considers himself an average kid.

"I do really good in school and am able to drive this, which people think it might be hard but it's actually pretty easy," he said. THE ASSOCIATED PRESS

▶ KJ with his monster truck.

UNCLE TOD'S MOTORSPORTS, INC./THE ASSOCIATED PRESS

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Kingsley keeps it simple

Actor Sir Ben Kingsley talks about the importance of understatement when filming in 3-D

HANDOUT

Sir Ben Kingsley plays Georges Melies, one of the world's first filmmakers, in Hugo.

HEIDI PATALANO
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METRO WORLD NEWS IN NEW YORK

Last year he played a mysterious doctor in Martin Scorsese's Shutter Island and now Sir Ben Kingsley partners up once again with Marty as he affectionately calls him, but for lighter fare. In Hugo, Kingsley plays one of the world's first filmmakers, Georges Melies, who directed A Trip to the Moon and hundreds of other silent films in the early 20th century. Kingsley gave Metro a few moments of his undivided attention to chat about the 3-D filmmaking of Hugo and his upcoming film, The Dictator.

George Melies' film A Trip to the Moon is one of the most iconic early films ever made. Do you remember where and when you first saw it?

I don't remember when it was but I do know that when I was at school, it was a great school and it had a film society. We were able to watch some of cinema's masterpieces that came from way back. I know that we watched Fritz Lang films, Eisenstein films, and I think in and amongst them was The Trip to the Moon because I know I'd seen it before I got [Martin Scorsese's] offer. It was so familiar.

Did shooting in 3D for Hugo affect your performance at all?

Yes. The 3-D camera brought a kind of bonus where it was detail, detail, detail, very little CGI, which fed our performances tremendously and kept us in character beautifully. Also, the scrutiny of a 3-D camera is quite alarming. I noticed fairly early on that the 3-D camera can see what you've done before you've done it. It's so scrutinizing. It's x-ray. You can see the most delicate changes of body language and facial expression, almost pulse and heartbeat. One thing that 3-D camera insisted on was, "don't try to act. Don't show off. Don't be clever." Of course, Mr. Scorsese would also say, "keep it simple. Keep it honest." I mean, that's almost his maxim.

On the set of Hugo you were known for staying in character as Melies in his later years, when he was quite cranky and withdrawn. How did your young co-stars Asa Butterfield (Hugo) and Chloe Grace-Moretz (Isabelle) react to that?

Staying in character for me was almost mandatory. I'm quite fit and slim but I had to strap on this pot belly and I had to strap on this hump in my shoulders to have this depressed body. I'm more like the [younger] Georges directing in the glass house. I felt, it was going to be a huge effort to take all this off so I thought, "I must stay in character." Even though he was a sad man and somewhat defeated, I quite enjoyed that I had to stay in character. Then I learned to capitalize on it. I started speaking to both [Moretz and Butterfield] in French. I found it really fed the work so that by the time, whenever Marty said 'action' to Asa, he was already dealing with me.

Sacha Baron Cohen co-stars with you here, but you'll also appear alongside him in The Dictator. Tell us about your character in that film.

It was either like being on a Chaplin set or a Marx Brothers set with that great genius pouring out of the central character. Everyone has their function. Mine, thank goodness, was the straight man because to try to be funny around Sacha is suicidal. You're never going to match up to that. My comedy lay in deadpan. He plays a dictator — recognizable, very bizarre. He invented this two years before [the Arab Spring] started. I play his head of security and procurer of women, straight-faced. I loved working with him. It's very timely.

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

Super 8
Genre: Sci-Fi
Director: J.J. Abrams
Stars: Elle Fanning, Amanda Michalka, Kyle Chandler
½

Is it possible to be fake and sincere at the same time?

J. J. Abram's Super 8 pays homage to the popcorn pics Steven Spielberg (who gets a producer credit here) cranked out a few decades back. It's also a grab bag of pop cult references (think Lost, Twilight Zone, Aliens, The Goonies, Gremlins).

Super 8 is set in 1979 in fictional Lillian, Ohio, where a group of kids making a home movie witness a spectacular — and suspicious — train crash.

A mysterious "whatsit" aboard the train escapes, and U.S. Air Force goons set about brutally finding it. Abrams' casting is impeccable.

Joel Courtney and Elle Fanning make cute as Joe and Alice, young huggers brought together by danger, MIA moms and duelling dads. Riley Griffiths plays an amusing Charles, the junior filmmaker of the title.

And Kyle Chandler evokes a younger, leaner Alec Baldwin in his role of the deputy sheriff.

Abrams has learned well from the master, Spielberg. But in the end, its calculating manner, with every element weighed for maximum nostalgia value and ironic hipster cred, leave the film feeling artificial.

PETER HOWELL

2 scene

Scene in brief

Acclaimed documentaries from Werner Herzog, Errol Morris, Morgan Spurlock (shown) and Steve James have missed out on a shot at the Academy Awards. Herzog's Into the Abyss, Morris' Tabloid, Spurlock's The Greatest Movie Ever Sold and James' The Interrupters did not make the short list of 15 documentaries eligible for the feature-length prize at the Feb. 26 Oscars. Among the films that made the list, released Friday by the Academy of Motion Picture Arts and Sciences, are: Joe Berlinger and Bruce Sinofsky's Paradise Lost 3: Purgatory; Wim Wenders' Pina; the Harry Belafonte profile Sing Your Song; and Project Nim, directed by Oscar winner James Marsh (Man on Wire).

THE ASSOCIATED PRESS

Enthused by 3-D, Martin Scorsese learns to see in a new dimension with Hugo

A QUICK LOOK AT WHAT YOUR DOWNTOWN BIZ HAS BEEN UP TO THIS YEAR... AND WHAT'S TO COME IN THE NEW YEAR!

IT'S ABOUT **downtown**

TODAY'S FOCUS: HOMELESSNESS

FIND OUT WHAT'S HAPPENING DOWNTOWN! WWW.DOWNTOWNWINNIPEGBIZ.COM

> The Bell Hotel, retrofitted permanent housing

BELL HOTEL GETS $5.5 MILLION DOLLAR FACELIFT

By Jason Syvixay

Forty homeless people now have a roof over their heads, with the recent transformation of the Bell Hotel, one of Main Street's last remaining heritage buildings. The Bell Hotel was retrofitted into safe, permanent housing units for our city's most vulnerable citizens. Funding came from the federal, provincial and municipal governments, in addition to CentreVenture, who purchased the hotel in 2007.

Part of a plan to help homeless people off the streets, tenants will benefit from counselling, health and life skills training, and a kitchen. The facility includes common rooms, laundry facilities and a multi-purpose room where smudging ceremonies can be performed.

Catherine Carney White of the Main Street Project explained the Bell Hotel operates under the 'Housing First Philosophy' that helps this vulnerable population directly from the streets or homeless shelters into their own spaces.

"The feedback we've received from the tenants so far has been very positive," she said. "One of the things they tell us they value the most is that they now have a sense of privacy and security they now have. They say being able to choose who they do and do not let into their lives is very important to them and it is something they had no control over when living on the streets." Carney noted that research has shown that homeless people with addictions and mental health issues are more likely to decrease their substance abuse if they have their own space.

The Bell Hotel is managed by the Winnipeg Housing Rehabilitation Corporation, and is supported by the Winnipeg Regional Health Authority, Main Street Project, and the Winnipeg Housing and Homelessness Initiative.

40 CEOS SLEEP OUT AND RAISE OVER $100,000 FOR HOMELESS WORK PROGRAMS

> Rick, MOST grad

Forty Winnipeg CEOs and community leaders spent a brisk fall night outside at Portage and Main this September to raise awareness for homelessness. Together they raised over $107,000 to employ homeless people. It was all part of Winnipeg's first CEOs for Downtown Sleepout event in support of the Downtown BIZ's Change for the Better program.

"(Sleeping out gave me) certainly an appreciation for how much opportunity we can extend to the homeless, to those who are underemployed or unemployed. We can do more, we need to do more and this is a great beginning," says Rob Johnston, RBC Regional President, who participated in the sleepout.

One hundred percent of funds raised support homeless employment programs like Siloam Mission's Mission: Off the Streets Team (MOST).

Rick's life was spiralling downward and he ended up on the streets. Then he was offered the chance to work with Siloam's MOST program. Now, Rick is a proud member of the Downtown BIZ's Metro Enviro-Team. He's going on four years with a steady job.

"It built my self-esteem right up. I don't feel bad being out in the streets anymore. People know what I'm doing. I'm doing something to help myself and help keep the city clean. It's worked out great. Life's generally changing to the better now."

CHANGE FOR THE BETTER LAUNCHES AWARENESS CAMPAIGN

A public awareness campaign was also launched this fall to discourage giving to panhandlers, as you can't be sure whether your money will be used for food and shelter—or drugs and alcohol. The marketing campaign encourages people to look for an alternative and instead donate to social agencies or Change for the Better in order to give real help to the less fortunate.

CHANGE for the BETTER **DONATE TODAY!**

Donations are still being accepted as part of the BIZ's year round Change for the Better campaign: visit over 100 participating downtown businesses or www.changeforthebetter.org

WORKING ON SOLUTIONS TOWARDS A SAFER DOWNTOWN: HOMELESSNESS

This year, the BIZ formed a Panhandling and Homelessness Committee to discuss issues more in depth, and the committee came up with the CEOs for Downtown Sleepout and a presentation the following day from Tim Richter of the Calgary Homeless Foundation, who is spearheading a plan to end homelessness in Calgary. The BIZ has also been lobbying for housing first policies, programs and plans, and the Bell Hotel conversion into supportive housing is a step in the right direction.

ABOUT THE DOWNTOWN WINNIPEG BIZ

The Downtown BIZ markets the city centre on behalf of 1,400 businesses and runs programs targeting downtown image, cleanliness, safety, transportation and parking. We also host events and promote and advocate for downtown as a great place to work, shop and live. Every retail, commercial and professional business in the zone is a BIZ member and funds the Downtown BIZ.

downtown WINNIPEG BIZ
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www.downtownwinnipegbiz.com

PANHANDLING: WHERE WILL YOUR MONEY GO?

- ☐ A HOT MEAL
- ☐ WARM CLOTHES
- ☐ ALCOHOL
- ☐ CIGARETTES

STOP GUESSING.

Visit www.changeforthebetter.org to donate

CHANGE for the BETTER

Dear JLo: Please put your pants back on

We have seen enough to know that we have seen too much

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

ALL PHOTOS GETTY IMAGES

▶ It seems Jennifer Lopez dragged Britney's old get-up out of the closet for Sunday's American Music Awards.

Jennifer Lopez is ridiculous.

I put up with her Fiat commercials. I admit I was a little thrown when the car appeared in her Papi music video (and a 30-second trailer for the video) but I dealt with it. But did a Fiat 500 really have to appear onstage with her during her performance of Papi during Sunday night's AMA's?

It's just that everything lately with the celeb has been so in-your-face. I realize she is trying to stage a comeback and is trying to refill her bank account, but it's reaching saturation point (like, what was up with that skintight Britney Spears-esque bodysuit she was wearing at the AMA's? We get it. You're 42 and still super hot but come on, put some pants on. You're a mom now; you can be sexy without showing off your crotch).

She is acting like a slutty reality TV contestant instead of the true star she is.

Another case in point? She was sure to leak her behaviour at a celebrity-packed AMA after-party to Us Weekly. The magazine reported that Lopez retreated to a private booth with her new boy toy, dancer Oscar Smart, where she was seen grinding on his lap, rubbing his head and kissing him.

This isn't to say that Lopez shouldn't have a good time now that she's single and on the prowl. She gets a hearty "you go, girl!" for that. But she should do so within reason. And, for God's sake, leave your endorsements of Fiat for the commercials.

▶ Jessica Biel and Justin Timberlake

What's the Biel with Timberlake?

Jessica Biel and Justin Timberlake continue to stoke rumours that they're back together.

The pair reportedly stuck by each other's side at a dinner Biel hosted recently at the Chateau Marmont, according to People magazine.

Biel and Timberlake sat together, shared food and were "very sweet" to each other during the intimate dinner, sources say. METRO

Baby mama drama not affecting the Biebs

Justin Bieber seemed worry-free over the weekend, despite reportedly taking a DNA test to clear up a paternity suit brought against him, according to Us Weekly. The Canadian pop star was all smiles at a rehearsal for the American Music Awards, serenading girlfriend Selena Gomez. "At one point Justin even sang I Feel Good a la James Brown," a source says. "They were totally adorable. They were snuggling in between takes. They look as in love as ever." METRO

▶ Justin Bieber and Selena Gomez

Driving away a divorce?

Just before Demi Moore announced she was divorcing him, Ashton Kutcher reportedly made a last-ditch effort to save their marriage by buying her a brand new car, according to TMZ.

Sources say Kutcher spent upwards of $100,000 for a 2012 Lexus, ordering it Nov. 9 — two days before Moore's birthday. It's unclear if Moore accepted the gift or if Kutcher had to return it. METRO

Celebrity tweets

@Colin_Hanks

Without American thanksgiving to hold it back, Paris is very close to becoming Christmas city y'all. And it's not even December.

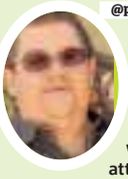
@taylorswift13

I got really excited about Christmas and bought all the holiday flavored coffee creamers at the grocery store.

@PamGrier

We do not stop playing because we are old, We grow old because we stop playing.

@pattonoswalt



"You just don't get it, man." -- my body fat, whenever I attempt exercise.

▶ Rachel Weisz

Weisz so very quiet Rachel?

Rachel Weisz is enjoying married life with Daniel Craig, but that doesn't mean she enjoys talking about it with the press. "I'm sorry," she tells the Telegraph.

"I'm a newlywed. I'm still a blushing bride and it's really private. I can't tell you anything."

"I read that I wasn't drinking alcohol because I was pregnant. It's not true," she says.

"I was asked [about having children] by a journalist recently and I think I said, 'You never know,' and it was turned into something else entirely." METRO

She's back to the Brits

After her year of college in the U.S., Harry Potter star Emma Watson is happy to be back in the U.K. studying at Oxford University.

"It's really nice ... just to have that steady routine and back being home, being around people I love and doing what I love," Watson tells People magazine.

"I'm studying and really excited about my next projects. I can't really talk about them right now, but I am going to try and fit in some film projects next year in between school." METRO

▶ Emma Watson

3 life

Taylor-made abs

Women sighed, men gasped
Taylor Lautner's personal trainer Jordan Yuam tells us how to get the Breaking Dawn star's rock hard abs

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

After making fun of Taylor Lautner's hot physique, his svelte Twilight co-stars Kristen Stewart and Robert Pattinson admitted going "nuts" working out for their Breaking Dawn bikini scene. Lautner, on the other hand, had to go shirtless for the previous installments, sticking to an intense regimen throughout the saga — who's laughing now?

His workout

Lautner's trademark is his washboard abs.

"His Twilight body was perfect but it wasn't symmetrical," Jordan Yuam, his trainer throughout the entire series says. "He was so buff he almost looked cartoonish, but everything was based on the moment he took off his shirt."

When he wasn't filming, Taylor's body was 10 to 12 per cent but for Twilight, Yuam would bring it down to seven per cent.

"Taylor's always up for a challenge, he's so focused and disciplined. We'd meet up four times a week to chisel away fat," Yuam said.

In order to get Taylor ready for his role as ripped werewolf Jacob, Yuam used a combination of classic moves including hanging leg raises and reverse crunches to define his muscles.

The (super) power

"I got Taylor on the power plate," says Yuam. "It's instrumental to my work as I use it to create muscle and for post workout recovery."

He admits that he uses the Power Plate "more than ever" to sculpt his clients' bodies. It's high-speed workout as vibrations (around 1,000 per minute) are transferred to your muscles causing them to contract as a reflex action. This creates internal heat that increases circulation, oxygenates blood flow around the body, flushes out toxins stored in fat cells and lactic acid.

"Working out is about recovery and the plate loosens up your stabilizers so you don't get sore. The idea isn't to do thousands of reps; 25 is enough (12 minutes on the plate). I don't believe in workouts that last more than 50 minutes," Yuam added.

Wolfing food down

"Taylor isn't naturally big. So the key to maintaining his frame was to make sure he ate right pre and post workout. Breaking Dawn was a challenge, as we had to overlap with his Abduction body for which he was doing a lot of boxing," says Yuam. "He was burning a lot of calories and finding it hard to eat enough."

He devised a diet combining healthy fats, carbohydrates and protein.

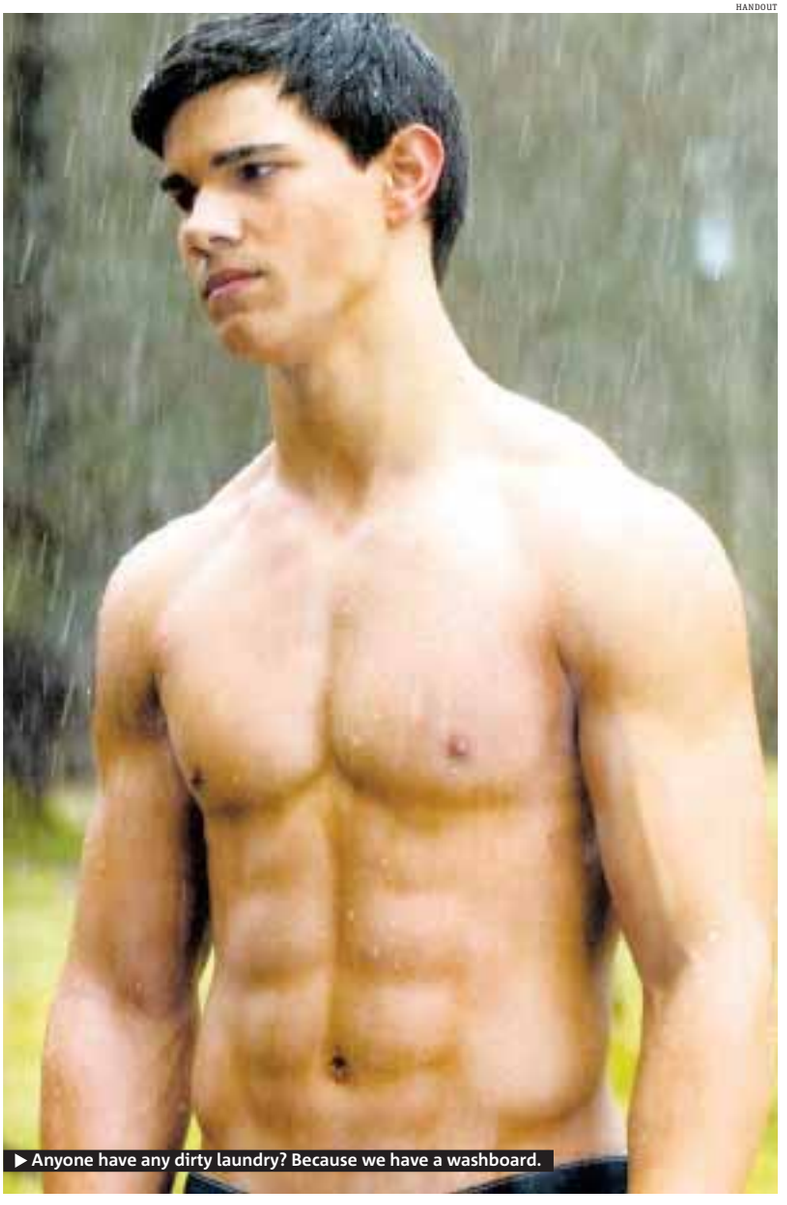
"He ate simple carbohydrates, such as bananas, to maintain glycogen levels and provide slow energy release throughout the workout as well as whey protein blended with oatmeal to build muscle."

And right before a shirtless scene, Yuam made sure he ate no fruit and vegetables. Just like a real werewolf.

YUAM'S 3 TIPS

1. **TENSE:** The fastest way to lose your body is by over training. Never work on your abs every day or they will lose density. Others may disagree, but I believe the key to lean muscle mass is to work out under localized tension.
2. **TWIST:** Linear abs alone will make your oblique muscles too tight. Do your abs in both a lateral and diagonal plane to avoid a build up of tightness and loss of flexibility.
3. **VIBRATE:** The Power Plate frees up lactic acid, loosens muscles and helps you recover more quickly after a workout. You will feel less fatigue and your muscles won't be so tight.

HANDOUT



▶ Anyone have any dirty laundry? Because we have a washboard.

A new study shows

1 oz.

Scientists from the University of Barcelona found that eating nuts is linked to higher levels of serotonin, which decreases appetite and could help get rid of belly fat. Just one ounce (approx 30 grams) a day of raw walnuts, hazelnuts or almonds can boost happiness and heart health.

METRO WORLD NEWS

AIDS epidemic levelling off, but AIDS-free generation may still be too optimistic, experts say

Finish the look

Taylor's tan

Give your skin a healthy glow with Clinique's non streak bronzer. Clinique skin: Non-streak bronzer.

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Slip it on

Sunspel: track pant dark indigo mélange

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Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

The Truth About Salt

The Salt Institute, an American organization that represents salt companies, is getting the message out that sodium is a nutrient that's essential for good health. But wait a second; isn't salt a bad thing? Best Health associate editor Lisa Hannam went to the Heart and Stroke Foundation of Canada and asked them to clarify things.

"Sodium does help to maintain cell balance and fluid volume in the body," says Carol Dombrow, registereddietitian and nutrition consultant for the Heart and Stroke Foundation's Health Check food program.

Salt, in proper amounts, keeps the body well hydrated and cells functioning properly. Athletes and very active adults may have to increase their sodium intake to compensate for how much they lose through sweat.

However, says Dombrow, "most people don't need to worry about under-consuming sodium. Canadians are eating way too much."

A diet high in sodium has been linked to hypertension, or high blood pressure. The adult upper limit for sodium intake per day is 2,300 milligrams — which is less than half a teaspoon — but an adequate intake to maintain good health is 1,500 milligrams. Dombrow adds that, generally speaking, you won't need to add salt to your meals to make sure you are getting enough, because sodium occurs naturally in many foods.

And a little goes a long way.

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Thoughts on ... Trying

JUST DO IT. Why should we try to learn something new every day?

Its good for you, it boosts your confidence, makes you more adaptable and better able to cope with life.

It keeps your mind active and stimulated, makes your more interesting, and expands your social horizons.

This is the means by which you will grow and develop.

Get uncomfortable one step at a time, slowly stretching beyond your comfort zones.

When you challenge yourself to try something new you feel a sense of accomplishment and awe.

So begin today. Emphasize the trying, not the succeeding.

You will surprise yourself of how great you will feel.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

METRO CUSTOM PUBLISHING

ENJOY GIFT OF CLEAR VISION WITH LASIK

Thinking of treating yourself this Christmas? There's no better time to consider the gift of clear vision with laser vision correction.

LASIK is a safe and effective alternative to glasses and contacts as evidenced by its 20-year track record. Over that time, more than 35 million LASIK procedures have been performed around the world. The LASIK procedure corrects common refractive errors such as nearsightedness (myopia), far-sightedness (hyperopia) and astigmatism (irregular curvature of the cornea).

BANANASTOCK/THINKSTOCK

"The surgery is painless and quick, taking less than 10 minutes of operating room time," said Dr. Mark Cohen, co-founder and national medical director of LASIK MD, Canada's only national laser vision correction provider. "The procedure is characterized by short recovery times, as most patients are able to return to work the following day with dramatically improved vision."

LASIK has minimal side-effects, and most are temporary or easily treatable. The few reports of glare and halos at night that some patients used to complain about have all but disappeared thanks to technological advances.

You may be a good candidate for laser eye surgery even if your prescription isn't stable. Past prescription changes are not a good predictor of future changes and do not help deliver more predictable or safer results.

Another misconception is that the surgery is an unaffordable luxury. When you consider the annual costs of glasses, contact lenses and solutions, you will likely find that LASIK is more economical in the long term.

Most laser vision correction providers offer free comprehensive eye exams, which will determine your candidacy. If you are deemed a candidate, book your procedure and you will be on your way to enjoying life without glasses and contacts. *– Pauline Anderson*

Conventional comfort food with a sophisticated twist

Bistro 7 ¼ brings a bit of France to Winnipeg with its mouth-watering dishes Charcuterie, cheese boards and Moules et Frites won't disappoint

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

If you ask for a restaurant recommendation in Winnipeg, chances are Bistro 7 ¼ will be mentioned and it's not hard to see why.

Bistro 7 ¼

725 Osborne St.
204-777-2525
SevenAndAQuarter.ca
Hours: Tues – Sat 11:30 a.m. – 10 p.m., Sun 5 – 10 p.m.

Price Range: $5 - $34
Rating: 5
Licensed: Yes
Reservations: Yes
Social Lunch: Yes
Lunch with coworkers: Yes
Client lunch: Yes
Quick solo lunch: Yes

PAY CHEN

▶ Heaven on a plate: Squash, sage and brown butter gnudi.

The menu is creative, plentiful and it's the kind of place you never want to leave.

Heads turn when thick, juicy burgers are delivered with heaping piles of fries.

Bowls of Moules et Frites leave the open kitchen at regular speed.

The mussels with chorizo, green pea and saffron ($11 half/$17 full) thankfully come with fresh bread for getting every last drop of delicious broth.

The squash, sage and brown butter gnudi ($16) is large enough for two or for one lucky person to have leftovers.

A baked crisp of trappist cheese adds a nice salty bite.

Charcuterie and beautiful cheese boards could be a meal on their own.

There are so many great options on the menu that you'll want to return to try them all.

Apple bread pudding

This yummy bread pudding uses delicious maple syrup as the sole sweetener.

Simmered away in the slow cooker, it's a real kid pleaser and — bonus — it's nutritious as well.

Preparation:

1. Place bread cubes in slow cooker.
2. Mix in apples and cook on Low for about 4 hours or until set in centre, sprinkling walnuts over top in 30 minutes.
3. To serve, spoon into bowls, drizzle each with 15 ml (1 tbsp) maple syrup.

Ingredients:

- 2 l (8 cups) slightly dry bread cubes
- 750 mL (3 cups) chopped peeled apples (such as Empire, Golden Delicious or Cortland)
- 125 mL (1/2 cup) dried cranberries or raisins
- 4 eggs
- 750 mL (3 cups) 2 per cent milk
- 300 mL (1 1/4 cups) pure maple syrup
- 175 mL (3/4 cup) chopped walnuts or pecans

FOODLAND ONTARIO

Get stuffing — some tasty chicken breasts, that is

Apples, almonds, blue cheese and dill offer a twist to chicken breasts

You get a bounty of flavours in every bite with this unique chicken-stuffed dish.

Serve with brown rice cooked in chicken broth (and tossed with fresh parsley), angel hair pasta tossed with olive oil and fresh basil or side veggies.

Preparation:

1. Coat a shallow roasting pan with cooking spray.

   Using a sharp paring knife, slice a pocket into each chicken breast, as if halving a bagel, without completely cutting through the other side.

   Arrange chicken in prepared pan and set aside.

2. In bowl, combine blue cheese, almonds, apple and dill and dill. Add a pinch each of salt and black pepper. Mix together with fork until mixture is well blended and comes together.
3. Divide mixture into 4 equal portions and spoon each portion into the pocket of the chicken.

   Brush olive oil all over the top of the chicken and season with salt, pepper and dried onion.
4. Place in prepared pan and bake in 200C (400 F) oven for 25 to 30 minutes until chicken is golden brown and cooked through.

Ingredients:

- 4 boneless, skinless chicken breasts about 150 g (5 oz) each
- 150 g of crumbled blue cheese
- 125 mL (1/2 cup) slivered almonds
- 1 apple (preferably McIntosh, Gala or Fuji), peeled, cored and diced
- 15 mL (3 tbsp) chopped fresh dill
- Salt and freshly ground black pepper
- 20 mL (4 tbsp) olive oil
- 20 mL (4 tbsp) of dried minced onion

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF.

(EMILYRICHARDSCOOKS.CA)/ THE CANADIAN PRESS/CROCK-POT

THE CANADIAN PRESS/HANDOUT

Almond chicken

▶ Liven up dinner with this flavourful chicken dish.

FORGET GIFTS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Do you want to do something really memorable for your friends and family this holiday season? Don't buy or receive a single gift.

Make a difference in your community by donating to charities on behalf of your friends and family.

One of the best holiday giving tools in Canada is Canadahelps.org. This organization connects donors with over 80,000 registered charities in Canada.

Canadahelps.org has a holiday program called the Cause Wish List whereby instead of gifts (or as well as gifts), you and your friends support your favourite charities. The program is very simple; create your account, choose the design of your 'stocking', determine how much money you'd like to raise and pick the charities you want to support. Then, send out your Cause Wish List link to friends, family and colleagues. It's that simple!

If you don't want to raise money, volunteer instead. Organize your posse to go and pack hampers at the food bank, build a playground for your local women's shelter or spend time carolling or visiting with the elderly at a nearby seniors home.

If you're not sure what charities you're interested in supporting, do a little soul searching. What are you passionate about? Ensuring children have affordable access to sports? Align your giving with an organization that represents your passions.

Be bold this holiday season! Use the spirit of giving to uplift your community.

FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA

Your money needs first

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

As the baby boomer bulge gets older there are lots of us with parents needing help and kids who are still dependent.

But many who are younger than boomers find themselves in the same fix.

Take Mariah and Dawn. They're twins, 37 and very close. Mariah, divorced with two boys, lives in Vancouver and Dawn, recently separated with a daughter, is in Edmonton.

Money is tight, time tighter and they are both completely stressed about their unemployed younger brother and their seventy-something parents who live in Nova Scotia.

The twins admit they are "kind of bad" with money.

Dollars and sense

Three resources for the sandwich generation:

- **Credit Education Week Canada:** cewc.ca
- **Financial Consumer Agency of Canada:** fcac.gc.ca
- **Investor Education Fund:** getsmarteraboutmoney.ca

But they are torn between helping their parents who have little savings and their own financial demands. Dawn has twice increased her credit limit to send money to their parents and Mariah has just flown their brother to Vancouver to live with her until he gets a job.

Neither is contributing to their kids' RESPs and both are considering stopping RRSP contributions for a couple of years.

They asked me for advice. Here it is. Whoa!

I told Mariah and Dawn to imagine they are on an airplane with their kids and the cabin depressurizes.

According to pre-flight instructions, they should put on their own masks and then help the children.

But it's hard to do when you are fearful for your kids' lives. You naturally want to help them first.

However, the fact is that if you don't take care of yourself you may not be capable of helping your kids.

The same is true of money. Mariah and Dawn should focus on putting their own financial houses in order first. Unless their brother has some kind of health problem he can fend for himself.

Nor should they start forking out money to their parents before a plan is in place for the future including the possibility of downsizing, assembling community supports, applying for seniors housing and creating a thorough budget so the twins know exactly where their parents stand. Mariah and Dawn must concentrate on their own financial health first. Otherwise they put their future welfare in jeopardy, which will leave them unable to help their family members.

ISTOCK

▶ Alison's money rule: If you're part of the sandwich generation help yourself first in order to help your family best.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

JOB LOSS CAN BE A TOUCHY SUBJECT

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

I recently ran into a friend who I know has been fired from his job. I was very uncomfortable and had no idea what to say, which made things even worse and awkward. What should I have said or done? – Jane

In these economic times most Canadians know of a friend, family member and/or neighbour who has had to deal with unemployment.

Don't judge or lecture. These days, job loss is due to the economic times rather than the person's fault. So how do we deal with this?

Be kind, gracious and don't draw unnecessary attention to the uncomfortable situation.

Personally, what I have done in these cases is to either not bring it up and focus on something else like, "How are the kids doing?" or, "I know you love football, what did you think of the game last Sunday?"

However, if you do feel it appropriate to bring up the situation, I would much rather say something like "How are you doing since you left your job?"

We all know the person may have been let go, but you don't need to add salt to the wound, and this shows that you care and are being sensitive.

Remember that etiquette is how you make others feel. Making others feel comfortable by being kind and gracious is always the right thing to do.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

ISTOCK

▶ If someone you know lost their job, try not to draw unnecessary attention to the situation.

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4 sports

Crosby returns in style

Penguins star quick to get on the board in first game since his January concussion

There were lofty expectations surrounding Sidney Crosby's long-awaited return to NHL action, and the Pittsburgh Penguins captain delivered almost immediately with a goal fit for a superstar.

Crosby opened the scoring of Pittsburgh's game against the New York Islanders last night. He collected the puck near centre ice, carried it into the Islanders' zone, muscled his way past Islanders defenceman Andrew MacDonald and flipped a backhand over goaltender Anders Nilsson.

The goal, at 5:24 of the first period, came on Pittsburgh's first shot of the game.

Crosby wasn't done there. He scored on a backhand from a sharp angle in the third period, ringing the puck off the post and past Nilsson, and added a pair of assists to lead the Penguins to a 5-0 win.

For the Stanley Cup champion and Olympic gold medallist, this was more proof that Crosby knows how to deal with the burden of great expectations.

He's experienced the pressure to perform at an elite level since he was a 13-year-old whose immeasurable talent made him a household name throughout Canada. The same pressure he felt as an 18-year-old debuting in the NHL in 2005, and as a 22-year-old carrying the weight of an entire nation at the 2010 Vancouver Olympics.

What figured to be the most routine of November regular-season games, a Monday-night Islanders-Pittsburgh matchup, was transformed into perhaps the NHL's most anticipated when the Penguins revealed yesterday that Crosby would play following a 10 months-plus concussion layoff.

Suddenly, tickets that were selling online for $150 US doubled and tripled in price.

Even with so little advance warning, TV crews and reporters from two countries poured into the Consol Energy Center yesterday, eager to hear every one of Crosby's words, analyze each one of his shots and shifts. The ABCs of hockey — CBC, RDS, TSN, and ESPN, USA Today among them — all were there among many, many others.

The crowd roared as Crosby's name was announced during the pregame skate, and fans held up signs that read "Welcome back Sid." A loud chant of "Crosby" lasted until just before the U.S. national anthem.

Everyone wanted to see Crosby again. On the ice. For real, not just in practice. Even the opposing team.

"It's obvious we realize the magnitude of this," said Islanders centre Josh Bailey. "It's huge. It's great for the game when you're getting your best player back. It's been a long time coming and you never like to see anyone go through what he's gone through. We know how hard he's worked to get back. It's exciting for everyone."

THE CANADIAN PRESS

GENE J. PUSKAR/THE ASSOCIATED PRESS

▶ Sidney Crosby scores his first goal of the year on his first shot last night against New York goaltender Anders Nilsson in Pittsburgh.

"I've never been away from hockey for that long, so I'm just excited to play again."
SIDNEY CROSBY, BEFORE LAST NIGHT'S GAME

Sports in brief

Seattle Mariners outfielder Greg Halman was stabbed to death early yesterday, police said, cutting short the life and career of one of the few Dutchmen to make it into Major League Baseball.

His club and baseball officials hailed the 24-year-old Halman as a young man with a passion for the game and for instilling it in youngsters.

THE ASSOCIATED PRESS

Scan code for more sports.

Bombers set for Grey Cup defensive struggle

The best defence in the East is about to meet the best defence in the West. But now is not the time to argue who is No. 1 in the CFL.

"At this point, it doesn't really matter," said Blue Bombers defensive back Jovon Johnson, a big reason Winnipeg's secondary was such a force this season and why they're heading to Vancouver to play the B.C. Lions in the Grey Cup.

"We're going into a game against them in the championship," he said. "Maybe they were the best defence in the west, we were the best defence in the east. Two great defences going against each other in a big game, that's what we look forward to."

For coach Paul LaPolice, who guided the Bombers to the playoffs after finishing 2010 at 4-14, the work ethic that got them to Vancouver is what counts. He isn't terribly concerned that they are viewed as underdogs after beating Hamilton 19-3 in the East Final.

"These guys ... they're going to be excited just to be playing in the game, whether they're favourites or underdogs," LaPolice said yesterday. "Certainly B.C. being at home is going to put them in a position of a lot more comfort for them, but we've certainly done well on the road this year."

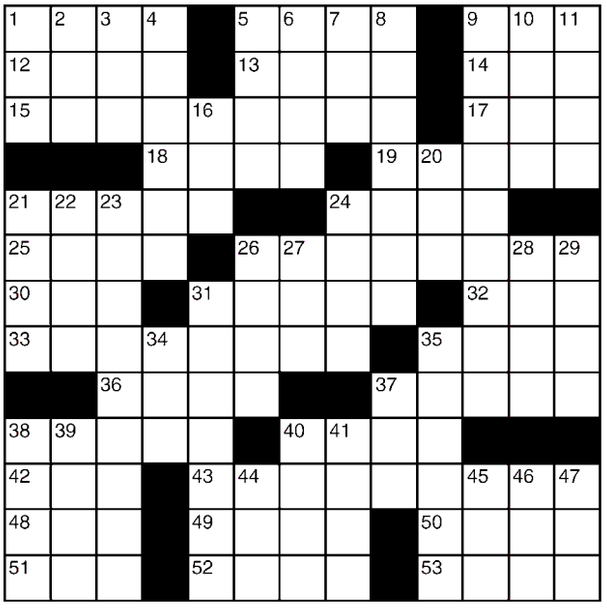
In fact, the Bombers already have one win in Vancouver in 2011 and beat the Lions in both their regular-season encounters.

THE CANADIAN PRESS

JOHN WOODS/THE CANADIAN PRESS

"Really, there's no motivation needed right now. It's one game away and one shot. ... It's a business trip for us. We're excited where we are but it's not done yet."
BOMBERS QB BUCK PIERCE, WHO WILL FACE HIS FORMER TEAM THE B.C. LIONS IN SUNDAY'S GREY CUP

Crossword



Across

1 Perjured oneself
5 Start from scratch
9 Craze
12 Farm fraction
13 Fermi's tidbit
14 Salt Lake athlete
15 Sprout
17 Depressed
18 Elevator name
19 Uncomfortable, as a mattress
21 Denominations
24 "Frasier" actress Gilpin
25 Verifiable
26 Light snowfalls
30 Have a bug
31 Pops
32 Hearty brew
33 Bring to mind
35 Pack cargo
36 Levin and Gershwin
37 Verses
38 Huge mistake
40 Hawaiian island
42 Literary collection
43 End
48 Performance
49 Therefore
50 Two-way
51 Witness
52 Beams of sunlight
53 Read cursorily

Down

1 Trail the pack
2 Lemieux milieu
3 Goof up
4 Remove a stripe, maybe
5 Hindu royal
6 Greek vowels
7 Web address
component
8 Brunch entrees
9 Denounce
10 On
11 Moist in the morn
16 Where — at
20 Spoon-bender Geller
21 Celebrity
22 One of HOMES
23 Reach a peak
24 Carson's predecessor
26 Corn castoffs
27 Rhyming tribute
28 Latch (onto)
29 Stitches
31 "Are You — Than a 5th Grader?"
34 Before
35 Noises
37 — Beta Kappa
38 Sheepish remarks?
39 Formerly
40 Group revelry
41 Andy's pal, on old radio
44 Historic time
45 Arctic diving bird
46 Mai — (cocktail)
47 Shade provider

▶ Yesterday's answer

A	L	T	S	■	S	I	R	■	S	A	G	S
R	E	L	I	A	N	C	E	■	C	L	U	E
K	I	C	K	B	A	C	K	■	R	A	R	E
■	■	■	K	E	G	■	I	C	A	R	U	S
L	I	M	I	T	■	S	N	O	W	■	■	■
A	D	A	M	■	P	A	D	D	L	E	S	■
B	E	Y	■	T	R	U	L	Y	■	W	A	S
■	S	O	M	E	O	N	E	■	P	E	R	U
■	■	■	E	R	M	A	■	A	E	R	I	E
S	A	L	A	M	I	■	O	W	E	■	■	■
P	L	U	G	■	S	I	D	E	K	I	C	K
A	O	N	E	■	E	V	I	D	E	N	C	E
S	E	A	R	■	S	E	N	■	D	A	L	Y

Sudoku

8			3		2			7
	3		4		1		6	
		7				1		
		3	8		6	2		
9								5
		4	5		3	7		
		6				9		
	7		6		9		5	
1			2		4			3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	5	6	4	1	8	9	3	7
1	8	9	3	5	7	6	4	2
3	7	4	2	9	6	5	8	1
4	1	5	6	7	3	8	2	9
6	9	3	5	8	2	1	7	4
8	2	7	9	4	1	3	6	5
7	6	2	1	3	9	4	5	8
5	3	1	8	2	4	7	9	6
9	4	8	7	6	5	2	1	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Stephen, Welcome home!!!! I missed you very much, It's going to be your birthday soon woohooo 20 yrs old wow Where has the time gone, I remember just like it were yesterday you waking up every half hour for something to eat you were alway hungry I guess that hasn't changed Hahaha, I love you Stephen with all my heart. **MOMMY**

Stefan LP, You are the reason I wake up every morning with a smile on my face. Knowing you are there for me is the only thing I need to get me through the day. Everyone doubts this will last; let's prove them wrong! Love you baby! **YOUR BUTTERSCOTCH COOKIE**

Bee, Thanks for the greatest 6 months babe. Your the best and I feel lucky everyday for having you. I love you bee. **RDOMO**

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min -9°	Min -2°	Min -3°
Max 2°	Max 7°	Max 9°

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 What you did before is irrelevant – it's what you do next that counts.

♉ Taurus April 21-May 21 Don't let minor setbacks worry you because overall your prospects are remarkably good.

♊ Gemini May 22-June 21 You can and you must be more open with those you live, work and do business with.

♋ Cancer June 22-July 22 If you can't beat it you might as well enjoy it.

♌ Leo July 23-Aug.23 You have always been adventurous, but over the next few weeks there will be no limits at all.

♍ Virgo Aug. 24- Sept. 22 Don't keep your dreams to yourself – share them with family and friends you can trust.

♎ Libra Sept. 23-Oct. 23 The Sun's change of signs means a change of scene will do you the world of good.

♏ Scorpio Oct. 24-Nov. 22 Your confidence may dip a bit today, but you'll be back to your best very soon.

♐ Sagittarius Nov. 23-Dec. 21 Identify your goal, and soon you will reach it.

♑ Capricorn Dec. 22-Jan. 20 Some kind of hidden knowledge will be revealed to you today and if you are smart you will make good use of it.

♒ Aquarius Jan. 21-Feb. 18 If you make an effort to get out into the world today you may meet someone who inspires you to believe that people are not so bad after all.

♓ Pisces Feb. 19-March 20. Cosmic activity in the career area of your chart means you will enjoy some kind of good fortune on the work front today and, most likely, for the rest of the week.

SALLY BROMPTON

Caption contest

FRANCOIS MORI/THE ASSOCIATED PRESS

LAI SENG SIN/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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WCCCC 2011 Golden Dragon Award Recipients: Ms. Louisa Young, Hon. Greg Selinger

The WCCCC Board of Directors is pleased to announce 2011 Golden Dragon Gala is a very successful event. The funds raised are so critically needed to support our centre's ongoing and vital activities. We are deeply extended a heartfelt thank you to 3 levels of government, corporations and different communities for their continued and exceptional support.

2011 Golden Dragon recipients are Hon. Greg. Selinger, Premier of Manitoba and Ms. Louisa Young, owner of the Sun Wah Supermarket and Midland Food (Winnipeg).

由溫城文化中心每兩年舉辦一次的「第十一屆金龍獎」慈善籌款晚宴已在十一月十日在溫尼伯議會中心(Winnipeg Convention Centre)隆重舉行，並獲得滿大的成功。

出席今屆盛會的各界人士包括加省省督普魯夫婦與省督夫人、三級政府官員、政界顯要、社會名流、公司及華人各社團代表及朋友等共六百多人，真可謂盛況空前，大家歡聚一堂，共襄善舉！

晚會從六時開始雞尾酒會，自由交誼，同時觀賞看相和書法表演，並參與競購在會場內陳列雅緻端正的珍貴長貴物二。這些珍貴禮物均由各界熱心人士捐贈，感善長貴籌款。

今屆獲獎者為現任加省省長 Hon. Greg. Selinger 先生和新華超市老闆朱錦麗女士(Ms. Louisa Young)女士。金龍獎是表揚這兩位傑出人士對社會的貢獻、服務及支持華人社區。

晚上七時許，司儀陳寶梅教授(Dr. Tina Chen) 宣佈大會正式揭幕。首先全體書立，鳴放迎賓金龍獎得主及嘉賓入場，播著由 Ms. Shirley Chang 領唱國歌，Ms. Lin Lin 鋼琴伴奏，完成了簡單而隆重的開幕儀式。

大會榮譽共同主席，文化中心主席余振興醫生和前省督華馬克敬(Hon. Pearl McGonigal) 在歡迎詞時均感謝大家的熱心支持。文化中心主席余振興醫生為 Greg 頒獎，表揚省長在公共服務的卓越成就，當長在致謝詞中高度讚揚了溫尼伯華社最年長為社會貢獻的貢獻，例如中國城改建工程、和平大廈專案、上海建街區改建耆老院項目、文化中心前座建築的修建、向溫尼伯市圖書館捐贈圖書和音像製品，及每年暑期舉辦的街慶活動等。他同時稱讚余振興醫生所表現的領導，他是在進行一個專案的同時就已經開始籌畫另一個專案了，這種發展方式對溫尼伯文化中心及中國城的保護來說是重要。

在前省督 Ms. Pearl McGonigal 的致辭歡女士頌贊時表示在加拿大的第一代華人移民中，大部份人都會門勤力工作，生活得十分辛苦，但在成功之後都沒有忘記回饋社會。這是非常難能可貴的一種奉獻精神，在此表揚的 Louisa 是其中的代表者，勤勞拼搏成為華裔出色的企業家，在家庭與事業都是成功的女性，隨著陳主銅總領事說到是：「隨著移民潮的發展，越來越多的新僑和老華僑共同攜手，創建我們在海外的華人社區，加國華裔喜起帶加兩國人民的友好互通的圖像，成為中加兩國的橋樑，經濟與文化發展的管道。華人在主流社會及中加兩國扮演重要的角色。

金龍慈善晚宴在十時許宣告圓滿結束。文化中心藉此感謝各界人士的熱心支持，更多謝中國駐多倫多總領事館捐贈名貴長青禮品供拍賣募款。文化中心謹藉報端，以表謝忱！

Dr. George Yee: A Big support to Chinatown development

From Left: City Councillor Mike Fagnilion, Hon. Wan Hanrahan, Dr. Patrick Choy (Vice-Chair WCCCC), Dr. George Yee, Consul General of PRC from Toronto Mr. Chen Liping, Dr. Joseph Du (Chairman, WCCCC)

On November 10, 2011, the Winnipeg Chinatown Development Corporation announced a $400,000 gift donation from Dr. George Yee towards the capital campaign to build an assisted-living home on the currently vacant Shanghai Restaurant property on King Street. Dr. Yee, on behalf of his family, presented the donation at the Winnipeg Chinese Cultural & Community Centre. (Only a few blocks from his childhood home on Henry Avenue.)

Dr. George Yee, currently resides in Windsor, Ontario, is a respected pathologist and very successful in his diagnostic laboratory services business. Born to Chinese-Canadian Charles and Ukrainian-Canadian Pauline, George grew up with siblings William and Margaret in Winnipeg's core area. The family owned and operated much-loved Moon Cafe. After receiving bursary attending medical college at the University of Manitoba, Dr. Yee worked very hard to build a very successful career. He and His family are now graciously giving back to the community.

In December 2008, Dr. George Yee returned to Winnipeg to donate 2.5 millions dollars to create the George and Fay Yee Centre for Healthcare Innovation at the University of Manitoba. In the Winnipeg Free Press article that described the donation of Dr. George Yee explained, "I recognize the world is filled with skeptics, particularly when it comes to health care. I chose to be hopeful."

And again, quoted from Dr. Du, Chair of the Winnipeg Chinatown Development Corporation at the donation's reception, "This is such a generous gift. George is that special type of person-a very successful man who came from humble roots and wants to give back to his community.....Today, his family is keeping the legacy alive by investing in Chinatown."

溫尼伯中國城發展公司在十一月十日宣佈大慈善家 Dr. George Yee 醫生捐出四十萬加元募款基金，款項用作發展本市景街上海餐的地段，計劃興建耆老院。

Dr. George Yee 屬第二代移民，在溫尼伯長大，四零年代父親 Mr. Charles Yee 在中國城附近的 Henry Street 經營 Moon Cafe，當年已經常幫助華社及華人；在二次大戰期間，個人亦慷慨地捐出捐款一萬元於中國部隊抗日。

Dr. George Yee 於 1960 年畢業於緬省大學醫學院，及完成病理學專科，成為一位經驗豐富及成功的病理學專家。現在遷居安省溫莎市，並在溫莎市擁有龐大的病理診斷中心，服務遍及整個溫莎市。

他秉承父親的慷慨精神，先後表現出他對溫尼伯市的眼源與情懷，在 2008 年個人慷慨捐贈 250 萬元與緬省大學醫學院創立以其夫婦命名的余喬治余菲中心；今次再捐贈四十萬元於華埠，無疑他對溫尼伯不忘本的精神，對華人社會的貢獻及支持，是值得後人學習與敬重的。

溫尼伯中國城發展公司在一九八一年創辦，為策劃重建溫尼伯中國城，先後在華埠落成有天朝大廈、中華文化中心、融華大廈、石安臺及現正在興建中的和華大廈，計劃於明年秋天完成。溫尼伯中國城發展公司對本市華埠區的發展，貢起了重要的角色。

溫尼伯中國城發展公司感謝 Dr. George Yee 及各界人士的慷慨捐助！護老院募款基費龐大，各界善長人仕樂助，可與文化中心聯絡。 *Thank you for your donation and support!*